

PARTNER ABUSE: SAFETY BEHAVIORS INTERVENTION

SESSION 8: SAFETY, SUPPORT AND EQUALITY IN RELATIONSHIPS

TOPIC	Materials (Handouts)	Advisor Talking Points
INTRODUCTION Current Abuse Status	<ul style="list-style-type: none"> • Guide 1 - Cycle of Abuse • Workbook Cycle of Abuse Assessment 	<ul style="list-style-type: none"> • This is our last session. • During our sessions we have talked about the fact that you and your partner had some conflicts. Conflict is a normal part of relationships and couples have a variety of ways of solving differences. • But it is very concerning when couples solve their differences by a woman and her baby getting hurt. <i>(Use Guide5 – Cycle of Abuse – let her fill in where she is on the Cycle and give examples)</i> <ul style="list-style-type: none"> • Where are you on the Cycle? – Please tell what has happened since we last talked. • Tell about any new incidents of abuse. • Has your behavior changed? How? • Has his behavior changed? New types of abuse? Controlling behavior? • Have you used the calendar – to note when your partner hurts you? Uses controlling behavior? • You remember that we have talked about how the fighting can affect you or your baby and that your partner may use many different behaviors or words to hurt you and to control you. • We also talked about why you may have chosen to stay (or to leave). • We have also talked about your Circle of Support. • We have also talked about working towards Equality in your relationship with your partner. • Since we have last talked how have things been in your relationship? • Were you able to carry out any of your Safety Plan? <ul style="list-style-type: none"> • What is completed? • What can you still do? • Have you been able to fill in the gaps in your Circle of Support? • Have you tried any of the things you thought might make more Equality in your

		<p>relationship with your partner? How has that gone?</p> <ul style="list-style-type: none"> • Have you thought about things you may need to do after the baby is born?
<p>PARTNER ABUSE EDUCATION My Circle of Support The Equality Wheel</p>	<ul style="list-style-type: none"> • Guides 2-3 – My Circle of Support • Guides 4-5 – The Equality Wheel 	<p><i>Refer to Guides 2-3, and Workbook – (My Circle of Support)</i></p> <ul style="list-style-type: none"> • Today we will review your Circle of Support. • Sometimes the birth of the baby may cause the conflict and fighting to increase. • It will be important to have family or friends or other people and authorities you can turn to if you need more help to keep you and the baby safe. <p>Help her to look at her Circle and fill in gaps and telephone numbers. Refer to Guides 4-5, Workbook – The Equality Wheel</p> <ul style="list-style-type: none"> • After the baby is born you may need more help with the baby and children. This may be a good time to talk to your partner about sharing and dividing up the responsibilities or moving towards more Equality in your relationship. Have you talked with your partner about this? • Lets look at the Equality Wheel for ideas you might be able to try. <p>Help her to identify steps and things she might try in the next few weeks. It is important to remember that trying new things might cause the conflict or fighting to increase so it will be important to have your Safety Plan ready.</p>

SAFETY ASSESSMENT	<ul style="list-style-type: none"> • Guide 6 – Safety Status Assessment • Workbook Safety Assessment 	<p>(Assess her current abuse status – Use Guide 6, Workbook – Safety Assessment Questions)</p> <ul style="list-style-type: none"> • Is your current partner or a former partner hurting you? <ul style="list-style-type: none"> • <i>Assess Her Safety (Guide 6)</i> <ul style="list-style-type: none"> • Is the abuser here now? __ Yes __ No • Are you afraid of your partner? __ Yes __ No • Are you afraid to go home? __ Yes __ No • Has the physical violence increased in severity? __ Yes __ No • Has the abuser ever been reported for child abuse ? __ Yes __ No • Have children witnessed violence in the home? __ Yes __ No • Has he threatened to kill you? __ Yes __ No • Has he threatened to kill himself? __ Yes __ No • Is there a gun in the home? __ Yes __ No • Does he use drugs or alcohol? __ Yes __ No <p>There is no Score that equals Danger – In general the more “Yes” answers, the greater the potential for Danger; note if she is afraid or afraid to return home to the partner; if he has a gun and if he is using alcohol or drugs. Express your concern.</p> <p>I am very concerned for your immediate safety. There are several things we can do right now – we can call a family member or friend, I can call the shelter or I can call the social worker – what do you think would be best?</p>
OPTIONS	<ul style="list-style-type: none"> • Guide 7 – Options • Pamphlet – Options – (page 3) 	<ul style="list-style-type: none"> • You have options or choices- that will help you to stay safe and to keep your baby safe • (Refer to Guide7- Pamphlet – Page 3) • Your options are to: <ul style="list-style-type: none"> • Stay with the abuser <ul style="list-style-type: none"> • If you stay – Make a Safety Plan (Avoid fighting in the kitchen or bathroom; remove weapons); Call the police if he abuses again; Attend a battered women’s support group; Get the abuser to go to batterer’s intervention; Get him to go to substance abuse treatment; Get counseling for the children; Get counseling for yourself • Remove the abuser (ARREST) <ul style="list-style-type: none"> • Best way to stop the abuse; Temporarily removes the abuser; Police can arrest and file charges- woman can file charges and police arrest; Filing a report is not the same as filing charges – Ask the police what they are filing; Court can

		<p>order him to batterer intervention program</p> <ul style="list-style-type: none"> • Protective Orders <ul style="list-style-type: none"> • Prohibits abuser from coming within a specified distance of work and home and from communicating with woman; If abuser violates order, he can be arrested; After abuser is removed –change all door locks; Have a Safety Plan • Leave the Abuser <ul style="list-style-type: none"> • Battered Women’s Shelter • Family or Friends
<p>SAFETY PLAN</p>	<ul style="list-style-type: none"> • Guide 8 – Safety Plan • Pamphlet – Safety Plan (page 4) • Pamphlet – R • Resources (page 5) 	<ul style="list-style-type: none"> • I am glad you were able to talk about the abuse in your relationship. • Now we can discuss things you can do to keep you and your baby safe. • You can use a <u>calendar</u> to make notes of when the fighting or abuse is happening. (Refer to Guide 8 – Safety Plan- page 3 of Pamphlet) <ul style="list-style-type: none"> • TRY TO DO THE FOLLOWING: <ul style="list-style-type: none"> • Hide money • Hide extra set of house or car keys • Establish code with family and friends • Ask neighbors to call police if violence begins • Remove weapons • Have available <ul style="list-style-type: none"> • Social security numbers (his, yours, children) • Rent and utility receipts • Birth certificates (yours and children) • Bank account numbers • Insurance policies and numbers • Marriage license or divorce decree • Valuables (jewelry) • Important telephone numbers • Hide bag with extra clothes • Talk to children
<p>PERSONAL RELATIONSHIP STRATEGIES</p>	<p>Guide 9 – Personal relationship Strategies</p>	<ul style="list-style-type: none"> • What are your Personal Safety Strategies: <ul style="list-style-type: none"> • Will you do something different in the next few weeks? • List what steps you will take on the safety plan between now and the next time we meet.

		<ul style="list-style-type: none"> • Use the calendar to make notes about the conflict and the fighting. • Add to “My Circle of Support.” • Make a list or add to the list things that you and your partner can do to move towards Equality in your relationship. <p>Use Page 5 of the Pamphlet</p> <ul style="list-style-type: none"> • Let’s also List or Update other Resources (Telephone Numbers) <ul style="list-style-type: none"> • Emergency • Shelter • Counseling • Legal • Pregnancy Advisor • Other • Is it safe for you to take this pamphlet home or should I keep it here? • I also have a card with some helpful numbers – it does not indicate that they are abuse numbers – would you like to take this home instead?
CONCLUSION		<p>This week is our last session. Today you have thought about your Circle of Support and made sure that you have sources of help after the baby is born. You have also been thinking about working towards more Equality in your relationship and trying to take small steps towards Equality in your relationship, especially after the baby is born. IT WILL BE IMPORTANT TO KEEP YOUR SAFETY PLAN READY.</p> <p>I want you to remember that you do not cause the abuse or are to blame for the abuse. No pregnant woman or her unborn baby deserves to be hurt.</p>